

## Influenza (Flu)

- A respiratory illness caused by a virus.
- Spread by coughing and sneezing.
- Symptoms include fever, headache, tiredness, cough, runny or stuffy nose, and sore muscles.
- It is important to get flu vaccine every year, especially if you have asthma, diabetes, or sickle-cell. If you have an ongoing health problem, ask your doctor if you need flu vaccine.

## Measles-Mumps-Rubella (MMR)

### *Measles*

- An infection caused by a virus.
- Spread by sneezing and coughing.
- Causes a skin rash, cough, sore eyes, and high fever.

## *Mumps*

- A disease caused by a virus that affects the neck and jaw.
- Spread by sneezing and coughing.
- Causes fever, headache, and swelling under the jaw.

## *Rubella* (German Measles)

- A rash caused by a virus.
- Spread by coughing and sneezing.
- If you are pregnant, you can pass rubella to your unborn baby.
- Causes fever, skin rash, and soreness or swelling in the joints.

You need two shots of the MMR vaccine if you have not already had them.

If you have health problems or are traveling outside the United States, you may need other vaccines. Talk to your doctor or nurse to make sure you get all the vaccines you need to stay healthy.

## More information

Call your doctor, your local health department or 1-888-76-SHOTS

## Websites where you can get more information

Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov/nip](http://www.cdc.gov/nip)

Michigan Department of Community Health  
[www.michigan.gov/immunize](http://www.michigan.gov/immunize)

Immunization Action Coalition  
[www.vaccineinfo.org](http://www.vaccineinfo.org)

Vaccine Education Center  
[www.chop.edu/vaccine](http://www.chop.edu/vaccine)



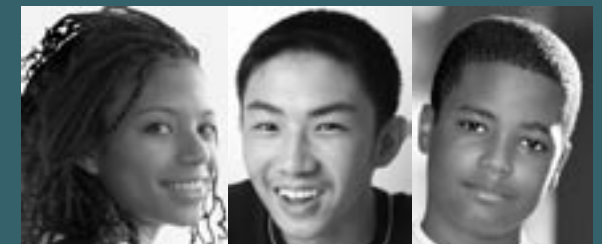
Jennifer M. Granholm, Governor  
Janet Olszewski, Director

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# Are You 11-19 Years of Age?

## TEENS AND IMMUNIZATION



**C**an you imagine missing your first school dance, an important recital, or a big football game because you were feeling too sick? What if there was a way to prevent this? There is. Getting all of the recommended vaccines for your age will protect you from many diseases. That way, you won't miss your big day.

Getting vaccines (shots) is a lifelong job. Talk to your doctor or nurse to make sure you have all the vaccines you need.

## Hepatitis B

- A virus that can cause different kinds of liver disease including cancer.
- Spread by blood and other body fluids.
- Symptoms may include yellow eyes and skin, tiredness, loss of appetite, and nausea.
- Some may not have any symptoms at all. Most people don't know they have it.
- You need three shots of hepatitis B vaccine if you have not already had them.

## Meningococcal

- An illness caused by bacteria that affects the brain and spinal cord.
- Spread through saliva usually from sneezing, coughing, kissing, and sharing food and drinks with an infected person.
- Places where people are in close contact, such as college dorms, make it easier for the bacteria to spread.
- Common early symptoms include fever, headache, confusion, and stiff neck.
- You need one shot if you are 11-12 years old, entering high school or a college freshman living in a campus dorm.

## Human Papillomavirus (HPV)

- A virus that causes genital warts and some types of cervical cancer.
- Three shots of HPV vaccine are recommended for girls 11 years of age and older.

## Tetanus-Diphtheria-Pertussis (Tdap/Td)

### *Tetanus*

- A disease caused by bacteria.
- Tetanus bacteria are usually found in soil and enter the body through a cut or wound.
- Makes you unable to open your mouth or swallow, and causes painful tightening of the muscles.



### *Diphtheria*

- A disease caused by bacteria.
- Spread by coughing or sneezing.
- Can make you unable to breathe or move body parts.

## *Pertussis*

- An infection of the respiratory system.
- Spread by coughing or sneezing or close contact with an infected person's nose or mouth.
- Causes coughing and choking making it hard to eat or breath.
- Symptoms can last for weeks.

You need a booster shot every 10 years for the rest of your life starting at 11-12 years of age.

## Varicella (Chickenpox)

- Caused by a virus called varicella zoster.
- Spread by coughing, sneezing, and even talking.
- Causes an itchy skin rash all over your body.
- You will not be able to participate in activities for at least one week.
- If you have not had chickenpox, you need two shots of the varicella vaccine.